DAY 5
AVALANCHE WEEK

KNOWLEDGE IS POWDER

EDUCATION IS KEY TO SAFETY IN THE BACKCOUNTRY, SOMETHING JUSTIN TRUDEAU KNOWS ALL TOO WELL PAGES 6 & 7

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INTO THE BLUE

London Knights forward Max Domi, who has Type 1 diabetes, shows off a special jersey the team will be wearing on Friday when they face the Brampton Battalion at Budweiser Gardens. The Knights are asking fans to also dress in blue, with the aim of turning the House of Green into the House of Blue to promote diabetes awareness. The jerseys will be auctioned off at londonknights.com to raise money for the Juvenile Diabetes Research Foundation.
More on the Knights, page 4. JOHN MATISZ/METRO

Recent drug busts 'fortunate': Police

Nabbed. Slew of seizures, arrests gets drugs and weapons off the streets

ANGELA MULLINS
angela.mullins@metronews.ca

Police are expected to go public next week with what has led to a series of raids over the past two weeks.

Five addresses have been targeted since Jan. 18, with officers hauling in nearly four kilograms of drugs worth about $125,000 and weapons ranging from batons to a sawed-off shotgun.

Const. Ken Steeves of the London police acknowledged the number of seizures is a bit out of the ordinary.

"It's not a monthly occurrence type of thing," he said on Thursday. "We've been fortunate to be able to acquire information that's led to these seizures."

A Jan. 23 raid at 812 Adelaide St. N. caught the most attention, with London's street gang unit swarming the neighbourhood and closing a stretch of the street for more than two hours.

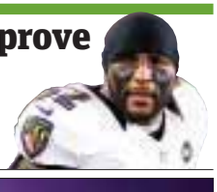
However, there's no sign that the 14 people arrested during the five raids are part of a crime ring or associated with each another, Steeves said. Nor has there been a spike in gang and gun violence, he said.

Recent police raids

- **Jan. 18, Waterloo Street**. Police arrest three people and seize 45.5 grams of crack cocaine and marijuana with a street value of $4,433. They also find $1,073 in cash.
- **Jan. 23, 812 Adelaide St. N.** Five people arrested, including a young offender. Police find 991.3 grams of marijuana and hash worth $9,913 and five weapons (three knives, a baton and sawed-off shotgun).
- **Jan. 26, houses on Maitland and Simcoe Streets.** Police arrest three people and seize 355.1 grams of marijuana and cocaine valued at $10,751, as well as a gun, two batons and $3,640.
- **Jan. 29, Capulet Lane.** Two people are arrested after police find one kilogram of cocaine and marijuana worth about $100,000.
- **Jan. 30, Augusta Crescent.** Police arrest one person and seize 57 grams of marijuana valued at $570, as well as three guns and $2,685.

They've got something to prove

Neither the San Francisco 49ers nor the Baltimore Ravens have ever tasted Super Bowl defeat. But only one can win on Sunday. Metro looks at the teams and the players PAGES 20 &21



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NEWS 1

Wynne to become Ontario's 1st female premier Feb. 11

'Stay tuned'. Premier-designate tight-lipped on new cabinet

Ontario will get its 25th premier and a brand new cabinet on Feb. 11, just a week before the legislature is set to re-open.

But premier-designate Kathleen Wynne was tight-lipped Thursday about what that new government will look like once Premier Dalton McGuinty officially resigns.

She wouldn't say who would be added or dropped from the front benches as the governing Liberals get ready to face two feisty opposition parties in a minority parliament.

"You know what: stay tuned. We're just in the process of putting that together," she said after meeting Thursday with McGuinty and Lt.-Gov. David Onley. "What you'll see is a strong cabinet, a strong government, because ... I know the times call for a firm hand, and that is exactly what we're going to provide."

The meeting with Onley kickstarted the process of formally transferring power from McGuinty to Wynne, who won the Liberal leadership on Saturday. Ontario's vice-regal asked Wynne to form a government and announced the date for her to be sworn in with her new cabinet. Wynne has said there's room for all the leadership candidates around the cabinet table. But those who threw their support behind her at the convention could get plum jobs.

The new cabinet will have just seven days to prepare a throne speech for the opening of the legislature, then finish putting together a budget before the fiscal year ends Mar. 31.

Wynne promised to "hit the ground running," eliminating the $12-billion deficit by 2017-18 while addressing social issues like affordable housing and helping welfare recipients find jobs.

THE CANADIAN PRESS

Gas plants

Public inquiry too expensive, Wynne says

The NDP's demand for a public inquiry into the Liberal government's decision to cancel power plants in Oakville and Mississauga would cost too much, premier-designate Kathleen Wynne said Thursday.

It has already cost Ontario taxpayers at least $230 million to scrap the two gas-fired generating stations, and a government facing an $11.9-billion deficit has to be careful how it spends its money, added Wynne.

"To spend millions of dollars on a public inquiry, that's not something that I would like to do," she told reporters.

New retailer lands in London to fork over the goods

Urban Outfitters sales rep Koel Anderson, 22, hands a purchase over to Natalie French, 56, and daughter Vanessa French, 15, at the company's new London retail store. The 743 Richmond St. space opened its doors Thursday. The two-floor facility, located at the busy corner of Richmond and Oxford, will employ about 65 part-time and six full-time workers. JOHN MATISZ/METRO

Military research. Lawson doctor nets Canadian first

Lawson Health Research Institute's Capt. Raymond Kao is the recipient of the first chair in military-care research in Canada.

Surgeon General Brig.-Gen. Jean-Robert Bernier presented the chair to Kao on behalf of the Canadian Armed Forces (CAF) at a ceremony Thursday at London Health Sciences Centre.

Kao is widely recognized for his research on erythropoietin, a hormone produced by the kidneys that stimulates the production of red blood cells and, in turn, haemoglobin. Kao found that when combined with saline, erythropoietin can improve blood flow and tissue oxygen usage after an injury.

Raymond Kao
CONTRIBUTED

His findings can be used to help stabilize wounded soldiers on the battlefield.

Kao has served in various military units as a medical officer since 1991. A member of the CAF since 1977, he has served in Bosnia, Africa and the Middle East. More recently, Kao served four tours to Kandahar, Afghanistan, as an internal-medicine and critical-care physician.

METRO

One-stop Pituitary Clinic

Convenience added to care

At St. Joseph's Hospital, a unique clinic for individuals with pituitary disease is resulting in much less travel for patients from across the region.

The newly opened One-Stop Pituitary Clinic, created in collaboration with specialists across the city, allows patients to be scheduled for multiple tests and specialist visits on the same day.

Previously, patients made on average 2.4 trips to London, travelling a total distance of about 300 kilometres each. METRO

Demolition. Consultants share vision for South Street hospital campus

The next time the public gets to see the South Street Hospital, or what's left of it, it's going to look very different.

Before its date with the wrecking ball this summer, residents got one last look at the historic South Street campus of the LHSC during a public meeting Wednesday night, discussing a new vision for the hospital site and London's SoHo (south of Horton Street) district.

South Street hospital has been largely vacant since 2005, and the city worked with Toronto consultants to come up with some ideas on what they felt would be the best use of the space. They displayed illustrations showcasing what the area could include, such as new parks, tree-lined streets, condos and commercial space.

AM980/AM980.CA

Demolition

The 140-year-old hospital will cost about $15 million to demolish this summer, and by then the city should have a draft plan for the site. However, construction won't get underway until 2014 at the earliest. AM980/AM980.CA

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Sculpture. Figure skating championships lauded

A huge sculpture of a pair of figure skaters will be unveiled Friday at noon by Mayor Joe Fontana.

The sculpture, carved out of black walnut, is in honour of the World Figure Skating Championships. Located at the southeast corner at Dundas and Wellington Streets, the skaters will tower 12 feet above the intersection and will be mounted on a slab of red oak, which will sit on two tiers of limestone rock.

Sponsored by local Tim Hortons owners, the carving was commissioned by the Hamilton Road Business Association in support of the figure skating worlds, March 11 to 17. METRO

Joe Fontana METRO FILE

Fundraising campaign

Fanshawe exceeds United Way goal

Fanshawe College staff, students and retirees will make the largest campaign contribution in its history to United Way this year. Fanshawe president Howard Rundle announced the college will contribute $112,805 to the campaign.

This all-campus total reflects funds raised through payroll contributions and special events from across college campuses. METRO

Wellspring

Cancer support centre wins grant

Wellspring London Cancer Support Centre has been awarded a $105,000 grant from the Ontario Trillium Foundation to build a more secure, sustainable funding model for the delivery of supportive services.

Wellspring offers a wide range of support programs to meet the emotional needs of people living with cancer and those who care for them.

METRO

Homicide. Kitchener man charged after woman's torso found in trash bin

A Kitchener man is facing a murder charge in the death of a 24-year-old woman whose torso was found in a garbage bin.

Waterloo regional police spokesman Olaf Heinzel says a 37-year-old man is in police custody and is to appear in court to be charged with first-degree murder and committing an indignity to a dead human body.

Police say the man was arrested in Kitchener just before 4 a.m. Thursday.

Heinzel says the name of the accused will not be released until he appears in court.

A torso identified as the remains of Kelsey Louise Felker was found last Saturday in Kitchener.

Heinzel says police are still searching for other body parts.

Police say no other arrests are anticipated but the investigation continues.

THE CANADIAN PRESS

Knights experiment with new line combos

London Knights players, including forward Brett Welychka, in grey, work on special teams during practice at Budweiser Gardens on Thursday. JOHN MATISZ/METRO

'You have to give it a little time.' Not satisfied with Jan.'s .500 showing, team looking to strengthen offensive line

JOHN MATISZ
john.matisz@metronews.ca

The London Knights will participate in its 50th game of the season on Friday. Yet, the club's No. 1 line is still a work in progress.

Head coach Dale Hunter says this week's deck shuffle — putting the tenacious Rupert twins, Matt and Ryan, with leading point-getter Seth Griffith — is all about "experimenting."

To date, the most consistent threesome to form the top trio has been Griffith, 19-year-old Ontario Hockey League rookie Alex Broadhurst and crafty winger Max Domi.

However, Hunter and staff are always looking to improve the offence. Change can be expected, especially after a 5-5 showing in the month of January.

Forward Tyler Ferry believes that finding the right line combos after the annual trade deadline takes some patience.

"You have to give it a little time. You can't just snap your fingers and it'll be perfect."

The overage utility man has played about half of the 2012-13 campaign on defence, and the other half up front. A team-first guy, Ferry doesn't mind where he's slotted. But this weekend, he's at least partially glad to be playing forward, since he bagged the first of his four goals against Friday's opponent, the Brampton Battalion, back on Dec. 6.

As it stands now, Brampton is the fifth seed in the East. They're on a bit of a roll, picking up seven of a possible eight points in their past four times on the ice, heading into Thursday night's game against the Mississauga Steelheads.

"People say they're a boring team to play against, but they're well coached, play the trap," Ferry said.

London's other adversary this weekend, the Owen Sound Attack, boast an impressively solid lineup and are one of the best home teams in the OHL (17-7). A high-profile deadline swap with the Ottawa 67's brought in Ottawa Senators prospect Cody Ceci, as well as character forward Steven Janes.

"Even before the deadline, Owen Sound was a good team," Hunter said. "It'll be a tough game, and we need to play well."

Don't think for a second the Attack, who trail the Knights by 11 points for the Midwest Division lead, aren't ready to make a statement.

"I think they've had our number since last year," said Owen Sound captain Daniel Catenacci. "We owe this team big time."

This weekend

Friday	Saturday
• Bud Gardens, 7:30 p.m.	• Harry Lumley Bayshore Community Centre, 7:30 p.m.
• Vs.: Brampton Battalion	• Vs.: Owen Sound Attack
• Record: 22-18-3-5	• Record: 34-14-1-3
• The hot hand: Blake Clarke (15 goals, 24 assists)	• The hot hand: Daniel Catenacci (27 goals, 34 assists)

*All stats before Thursday night

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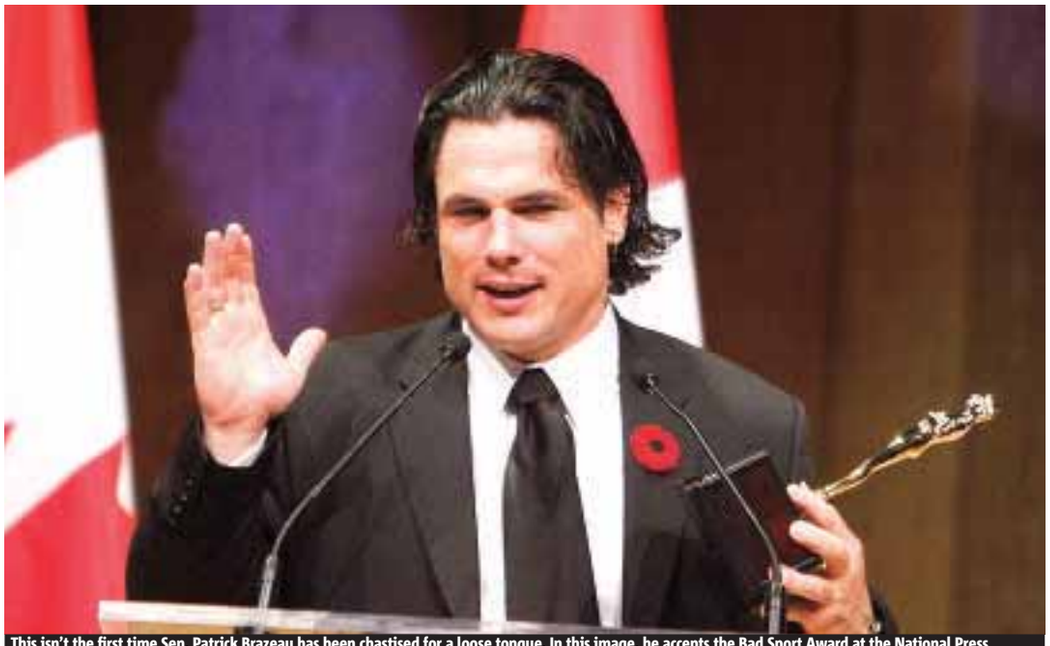


This isn't the first time Sen. Patrick Brazeau has been chastised for a loose tongue. In this image, he accepts the Bad Sport Award at the National Press Gallery Dinner in Gatineau in November. FRED CHARTRAND/THE CANADIAN PRESS FILE

Consequences. Senator faces calls for punishment after mocking Chief Spence

MORGAN MODJESKI
Metro in Saskatoon

Some Idle No More organizers want repercussions for Sen. Patrick Brazeau after he made what they say are inappropriate comments about Attawapiskat Chief Theresa Spence at a Conservative fundraising event.

Brazeau referred to Spence's "so-called hunger strike" in addressing about 80 people at a Legion hall in the Ottawa suburb of Orleans, and mocked her physical shape.

"I was sick two weeks ago," Brazeau said. "I had the flu and I lost five pounds. I look at Miss Spence, when she started her hunger strike, and now?" A voice then called out, "She's fatter," which drew laughter from much of the audience.

Erica Lee, one of the many organizers of the Idle No More movement and the person responsible for managing the Idle No More Facebook page, said although she's not surprised by the senator's remarks, she feels they were inappropriate and there should be consequences.

"It is frustrating, because he is a First Nations senator, and to have a person who you would think understand the issues behind being a First Nations person, to have him make extremely racist and sexist comments towards Theresa Spence, continuously, is very disheartening," said Lee.

Lee added she feels Brazeau's position as a senator should be reviewed but noted it may be too late for apologies.

This isn't the first time Brazeau has been condemned for comments toward women. He was criticized for insulting Canadian Press reporter Jennifer Ditchburn, saying in a tweet, "@jenditchburn while u smile Jen, others suffer. Change the D to a B in your last name and we're even! Don't mean it but needs saying."

Metro tried to reach Brazeau for comment, but phone calls to his constituency office were not returned.

WITH FILES FROM TORSTAR NEWS SERVICE

Too little, too late

"A public apology would be nice, but I feel he's made so many controversial remarks ... it's almost past the point of reparation."
Erica Lee, Idle No More organizer

Response in the House

Tories dodge controversy

The Conservative government defended its handling of aboriginal issues Thursday and sidestepped the disparaging comments made by two members of Stephen Harper's caucus.

In the Commons, the NDP's Romeo Saganash said the remarks, plus Harper's failure to prioritize aboriginal concerns at a speech to his caucus, do not bode well.

Neither Prime Minister Harper nor Aboriginal Affairs Minister John Duncan took an opportunity to condemn the comments. Instead, they emphasized the government's focus on creating jobs.

"I was personally a little sickened by it," said the NDP's Charlie Angus, whose riding includes Attawapiskat. "I think it sends a message of contempt toward First Nation people."

Interim Liberal leader Bob Rae said it was completely inappropriate, "but listen: these are people who have not always shown sensitivity toward a critical problem for the country."

TORSTAR NEWS SERVICE

Tory MPs. Harper rebuffs effort to have abortions investigated as homicide

Prime Minister Stephen Harper says while some of his Conservative MPs may not agree, abortion is legal in Canada.

Harper made the comments while under questioning in the House of Commons over a letter written by three Tory MPs who want the RCMP to investigate hundreds of abortions as possible homicides.

"I think all members of this house, whether they agree with it or not, understand that abortion is legal in Canada, and this government, myself included, has made it very clear that the government does not intend to change the law in this regard," Harper said Thursday.

The MPs from Saskatchewan, Alberta and Ontario made the request on House of Commons letterhead to RCMP Commissioner Bob Paulson.

They call the abortions "possible murders" that require a thorough police investigation.

"From 2000 to 2009 in Canada, there were 491 abortions of 20 weeks gestation and greater that resulted in live births," reads the letter dated Jan. 23. "This means that the aborted child died after it was born."

The letter is signed by MPs Maurice Vellacott of Saskatoon-Wanuskwein, Leon Benoit of Vegreville-Wainwright and Wladyslaw Lizon of Mississauga East-Cooksville.

Officials at RCMP national headquarters in Ottawa said they have received the letter, but declined further comment.

"These are vulnerable, innocent children that homicide has been perpetrated on," Vellacott said Thursday from Ottawa. THE CANADIAN PRESS

Criminal Code

- **Personhood.** According to the Criminal Code, a child is a human being when it emerges completely from the womb — whether or not the umbilical cord has been severed, it is breathing on its own or has "independent circulation."
- **Homicide.** Section 223 (2) says a person commits homicide when he causes injury to a child before or during its birth as a result of which the child dies after becoming a human being.

Sickly look. Jim Flaherty reveals rare skin disorder

Cabinet colleagues and opposition MPs are wishing Jim Flaherty a speedy recovery after the finance minister revealed he has a rare skin disorder.

Flaherty, 63, went public after fielding questions from colleagues about changes to his appearance: his face has grown bloated and puffy and he's gained a fair amount of weight.

A spokesman confirmed in an email Thursday that Flaherty suffers from Bullous pemphigoid, a blistering skin disorder that can produce lesions.

His current appearance is likely a side-effect of his steroidal medication.

THE CANADIAN PRESS

Finance Minister Jim Flaherty
THE CANADIAN PRESS

Ikea monkey

Monkey mom said she was poor owner

The woman known as the Ikea monkey's mom wrote in an email that she was "unfit" to care for the primate, a court heard Thursday.

Emails from Yasmin Nakhuda to an American monkey trainer were read out during a court hearing in which Nakhuda is attempting to get Darwin back from a primate sanctuary.

Trainer Lisa Whiteaker responded by saying Nakhuda had a lot to learn about primates and that she desperately needed help.

Nakhuda was surprised by the response, her lawyer said, and was upset in her reply.

"I have concluded, judging by the tons of mistakes you say I have already made ... that I am truly unfit to be a caregiver for Darwin," Nakhuda wrote. "You are right to say that I am sitting on a time bomb." THE CANADIAN PRESS

Sexual assault

Psychiatrist gets five-year sentence

A judge has sentenced a psychiatrist to five years in prison for exploiting three court-appointed patients in a "predatory and repetitive manner."

Justice Donna Shelley said Dr. Aubrey Levin, 74, deserved an eight-year sentence but she reduced it because of his health problems and age.

The Calgary psychiatrist's actions were an "extreme breach of a particularly vulnerable victim," Shelley said.

Levin was convicted on three counts of sexual assault by a jury earlier this week.

The patients had been assigned to Levin between 1999 and 2010 by the justice system.

"Dr. Levin, knowing of the many vulnerabilities of these victims, employed a strategy which would give him the opportunity to sexually assault his patients," said Shelley. THE CANADIAN PRESS

Diane-35

Drug under review after French ban

Health Canada says it is reviewing all available information on the drug Diane-35 following France's decision to ban it following four deaths over the last 25 years.

The four women died of blood clots linked to their use of Diane-35, an acne drug that is also widely prescribed "off-label" as a contraceptive.

France plans to withdraw Diane-35, licensed in 135 countries, from sale in three months. Meanwhile, doctors are banned from prescribing the medication.

Available since 1998 in Canada, Diane-35 is approved only for the temporary treatment of severe acne in women who are unresponsive to other treatments, Health Canada said Thursday.

Blood clots are a rare but well-known side-effect of birth control pills, said the federal department.

THE CANADIAN PRESS

Youth education the next step in avalanche safety

Expanded services dependant on dollars.

Education in remote mountain communities a priority for CAC

MATT KIELTYKA
Metro in Vancouver

Avalanche safety has come a long way since the lives of seven Calgary students were lost during an ill-fated field trip in British Columbia's backcountry 10 years ago today.

Fatality rates have stabilized in the face of increasing backcountry use, more people are getting properly trained and equipped before heading into the mountains, and public awareness is on the rise.

Those successes can be directly attributed to aggressive reform after the 2003 Connaught Creek avalanche, but the Canadian Avalanche Centre (CAC) is well aware more work could be done.

But that becomes a question of funding. And it's an unanswered question.

"It depends a lot on what people want us to do," said Karl Klassen, acting executive director of the CAC.

"If people are happy with our services the way they are, I think we're in good shape."

The CAC — which, among many other tasks, is responsible for public avalanche forecasting and sets the standards for public avalanche-training courses and equipment — has a projected budget of $1.8 million this year.

Its federal funding enters the final year of a three-year cycle in 2014 and then it's back to the negotiating table.

Klassen doesn't think securing funding to maintain the CAC's status quo will be a problem, but some (both within the CAC and outside) are asking whether that level of service goes far enough.

"There have been a number of calls to expand services," Klassen said.

"For example, we don't do forecasts for the north Rockies. We're working on a project to see how we can go about it, but it will take more money."

Klassen sees the centre focusing on three pillars in the coming years: world-leading public avalanche information and bulletins, outreach and awareness programs and expanded youth education.

The third piece of that puzzle is perhaps the most critical going forward but is also underfunded.

"We'd love to expand youth education but we just don't have the resources for it," said Klassen. "There are many mountain communities, where avalanches are a fact of life, that just don't have much in the way of (avalanche) education."

He argues that children from kindergarten to Grade 8 in those communities must "be aware of the avalanche problem" and be taught skills that will serve them throughout life.

Even urban communities need greater youth education programs.

"Tons of people from Calgary go to the mountains every weekend," Klassen said. "(Education is) one of the cornerstones of what we should be doing, but unless we secure long-term additional funding we just can't do it."

It's an important decision that the CAC, and governments, will need to make over the next two years if Canada hopes to stay at the forefront of avalanche safety.

Ongoing process

Parks Canada strives to stay ahead of curve

Parks Canada is always working to be at the forefront of avalanche safety.

Mountain-risk specialist Grant Statham says fine-tuning and tailoring of public alerts, bulletins and information is an ongoing process.

"I would say what you see in the public domain today — we're a year or two ahead of that," said Statham. "At least, I hope so. We're always looking at how to better communicate with people. We want them to be better educated, that's the most important thing."

METRO

The role of instructors like Brent Hillier, pictured here at Seymour Provincial Park in B.C. on Jan. 20, is becoming crucial as the Canadian Avalanche Centre advocates more

JENNIFER GAUTHIER/METRO IN VANCOUVER

By the numbers

$1.8M

The projected budget this year for the Canadian Avalanche Centre

Exclusively online

For a full roundup of all of our Avalanche Week features, visit metronews.ca/avalancheweek.

The Canadian Avalanche Centre says 7,000 people took an Avalanche Skills Training course last year. JENNIFER GAUTHIER/METRO IN VANCOUVER

Support group

Nearly 17 years ago, Beth Stewart got a phone call that no parent ever wants to get.

Her son Trevor Petersen, a legend in the world of extreme skiing, was killed at the height of his career in an avalanche in February 1996 in the mountains of Chamonix, France.

He was 34 and left behind his partner, Tanya, and his son, Kye, and daughter, Névé.

Petersen, the youngest of three, learned to love the mountains at an early age from his brothers, Lindsay and Rick. He skied the most treacherous mountains in the world and graced the covers of many international magazines.

"I felt that my world had fallen in and I was lost after Trevor died," she says. "I missed his spirit, his love of life, of the mountains and his family."

Stewart spent two years undergoing therapy to deal with that loss and wondered

Doing what he loved best

"He once said to me, 'Mom, if I should ever die doing this, know that I was exactly where I wanted to be, doing exactly what I wanted.' But we all miss him."

Beth Stewart, founder of Parents of Lost Skiers Society, remembering her son Trevor Petersen

DAY 5
MOVING ON

Justin Trudeau champions backcountry safety after loss

youth avalanche-education programs.

Justin Trudeau knows too well that an avalanche doesn't pause to ask a person's last name when it barrels down a mountain.

The Liberal leadership contender lost his youngest brother, Michel, when an avalanche swept him into B.C.'s Kokanee Lake while he was backcountry skiing in 1998. He was 23.

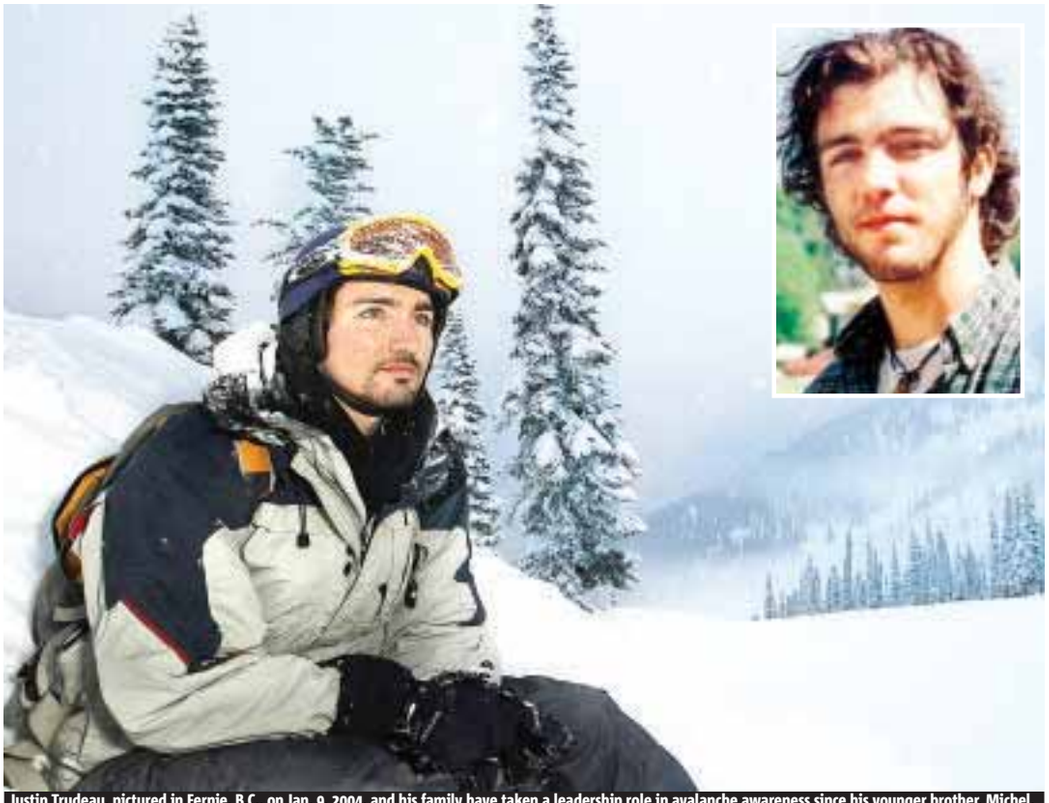
In the wake of the tragedy, Trudeau and his family became a force in raising awareness and funds for Canada's avalanche-safety organizations.

"We said, 'Please don't send flowers, send a donation to —' and then we tried to figure out what the Canadian avalanche community was," Trudeau said in a phone interview from Prince George. "They needed support, and I got involved."

Trudeau worked with the Canadian Avalanche Association to secure stable funding from the B.C., Alberta and federal governments and to build the Canadian Avalanche Centre until he entered politics in 2006.

"For me it was an opportunity to get to know this amazing sport and to get to know this world so well that my brother loved so much. It got me closer to him and his memory," he said. "There's just an amazing group of people committed to our extraordinary wilderness and playing safe within it."

It took the Strathcona-Tweedsmuir School accident, where seven children on an outdoor-education trip died in a slide near B.C.'s Rogers Pass, he said, to change public perception toward avalanche awareness. He credits ski patrols, scientists and the backcountry community for putting Canada at the forefront of avalanche safety in the decade since.



Justin Trudeau, pictured in Fernie, B.C., on Jan. 9, 2004, and his family have taken a leadership role in avalanche awareness since his younger brother, Michel, inset, died in a B.C. avalanche accident in 1998. TORSTAR NEWS SERVICE FILE; INSET: THE CANADIAN PRESS FILE

Now, he says, it's important to turn toward structured avalanche education.

"We have a generation of people who are out there who are all about getting more extreme, getting more active, getting involved," he said, adding that better equipment has made the backcountry more accessible. "They need to be a little bit more aware so they can take smart risks."

Fundraising

"We said, 'Please don't send flowers, send a donation.'"

Justin Trudeau helped the Canadian Avalanche Association secure stable funding following the death of his brother, Michel

No stranger to the backcountry himself — he lived and taught snowboarding in Whistler in 1997 — Trudeau understands the draw and the pure feeling of "earning your turns."

"It's not about preventing people from going out there; it's about giving them the tools and the knowledge to make sure they're doing it safely."

EMILY JACKSON/METRO IN VANCOUVER

helps parents grieve

what she could do to help others.

She got together with five other moms who had lost sons and daughters on the mountains and formed a group called Parents of Lost Skiers (POLS) in 1998.

"My intention was to carry on his method, his way and his love of others by helping them as they go on through life," Stewart says.

Since then, Stewart has gotten thousands of phone calls and emails from parents all over the world eager to ask questions on how she survived and dealt with her grief.

A couple from Texas visited Stewart more than a year ago at her home in West Vancouver. Their son died on Mount Seymour in B.C. a few years ago.

POLS' mission

Parents of Lost Skiers' mission statement:

- "To help, encourage and support parents who have lost a child to the mountains and to support the safety and the education of young people who feel the call of the mountains."

"We had lunch and talked. We parted, and the husband came running to me and told me what POLS meant to them," Stewart says. "He told me his wife two weeks ago had everything ready to commit suicide. She didn't want to live if she couldn't be with her son."

Stewart had sent an email to the woman earlier, encouraging her to go day-by-day.

"She confessed to her husband that she's thrown all the stuff away and decided not to go through with it," she says. "She decided if one person can do it, then maybe she can do it."

Stewart says everything she does is a tribute to her son, who died doing what he loved best.

"He once said to me, 'Mom, if I should ever die doing this, know that I was exactly where I wanted to be, doing exactly what I wanted,'" she says. "But we all miss him."

PHYLICIA TORREVILLAS/
METRO IN VANCOUVER

Beth Stewart, one of the founders of Parents of Lost Skiers, lost her son Trevor Petersen in an avalanche in Chamonix, France, in 1996. JENNIFER GAUTHIER/METRO IN VANCOUVER

Hostage standoff. Alleged killer remains with child in underground bunker

Speaking into a ventilation pipe, hostage negotiators tried to talk a man into releasing a five-year-old boy and ending a standoff at an underground bunker in rural Alabama that stretched into its third day.

The man identified by multiple neighbours and witnesses as 65-year-old retired truck driver Jimmy Lee Dykes was accused of pulling the boy from a school bus on Tuesday and killing the driver. The man and boy were holed up in a small room on his property that authorities compared to tornado shelters common in the area.

James Arrington, police chief of the neighbouring town of Pinckard, said the shelter was about 4 feet underground, with a ventilation pipe that negotiators were speaking through.

There were signs that the standoff could continue for some time: A state legislator said the shelter has electricity, food and TV. The police chief said the captor has been sleeping and told negotiators that he has spent long periods in the shelter before.

"He will have to give up sooner or later because (authorities) are not leaving," Arrington said. "It's pretty small, but he's been known to stay in there eight days."

Midland City Mayor Virgil Skipper said he has been briefed by law enforcement and visited with the boy's parents. "He's crying for his parents," he said.

The normally quiet road was teeming Thursday with more than a dozen police cars and trucks, a fire truck, a helicopter, media and at least one ambulance near Midland City, population 2,300.

THE ASSOCIATED PRESS

Local hero

The bus driver, Charles Albert Poland Jr., 66, was hailed by locals as a hero who gave his life to protect the 21 students aboard the bus. Authorities say most of the students scrambled to the back of the bus when the gunman boarded and said he wanted two boys 6 to 8 years old. When the gunman went down the aisle, authorities said, Poland tried to block him.

For real this time

Beyonce sings the national anthem during a news conference Thursday in New Orleans. The singer answered critics of her Inauguration Day performance the best way she could — with another sterling performance of the national anthem. The difference? On Thursday, it was live. She admitted during her Super Bowl news conference that when she performed for President Barack Obama and the nation, she decided to sing to a prerecorded track because she didn't have time to practice. She said she wanted the day to go off without a hitch. MATT SLOCUM/THE ASSOCIATED PRESS

Blaer hitch. Icelandic teen wins bid to keep 'inappropriate' name

A 15-year-old Icelandic girl has been granted the right to legally use the name given to her by her mother, despite the opposition of authorities and Iceland's strict law on names.

Reykjavik District Court ruled Thursday that the name Blaer can be used. It means light breeze.

The decision overturns an earlier rejection by Icelandic authorities who declared it was not a proper feminine name. Until now, Blaer Bjarkardottir had been identified simply as Girl in communications with officials.

"I'm very happy," she said after the ruling. "I'm glad this is over. Now I expect I'll have to get new identity papers. Finally, I'll have the name Blaer in my passport."

Like a handful of other countries, including Germany and Denmark, Iceland has official rules about what a baby can be named.

THE ASSOCIATED PRESS

Anderson Live

Acid attack victim's treatment paid for

A Quebec woman who was disfigured in an acid attack will have her scars treated by laser surgery in the United States — thanks to Anderson Cooper's show. Tanya St-Arnauld appeared on Anderson Live on Wednesday, where she received the news that a Florida-based dermatologist would fly her down for treatment.

THE CANADIAN PRESS

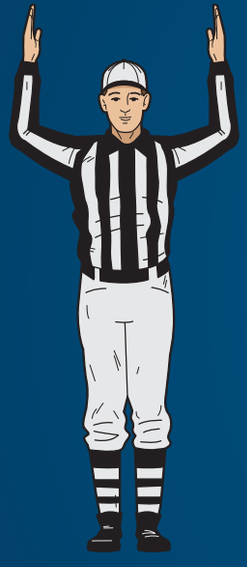
Drug talk

Pocket-dial leads to man's arrest

Authorities say a Florida truck driver landed in jail after his cellphone pocket-dialled the police and dispatchers listened in on a conversation about the sale of drugs. Deputies say 19-year-old Matthew Dollarhide was surprised when a Volusia County Sheriff's deputy pulled him over late Tuesday.

THE ASSOCIATED PRESS

TOUCHDOWN!



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DISCOVER LCBO THE WORLD

HMV tweets its match over mass firings

Twitter outburst. Verified account commandeered during layoff by music retailer

hmv
Just overheard our Marketing Director she's staying, folks ask "How do I shut down Twitter?" #HowIGetFired
hmv
Sorry we've been quiet for so long. Under contract, we've been unable to say a word, or -more importantly - tell the truth #HowIGetFired
hmv
There are over 60 of us being fired at once! Mass execution, of loyal employees who love the brand. #HowIGetFired

HMV's official Twitter feed. The tweets were later deleted. SCREEN GRAB

An employee apparently fired from music retailer HMV in the U.K. let loose on the company's Twitter feed Thursday, comparing the latest round of layoffs to a mass execution.

The rogue messages — which immediately attracted media attention — started with a missive saying "we're tweeting live from HR where we're all being fired! Exciting!!"

"There are over 60 of us being fired at once! Mass execution, of loyal employees who love the brand," another message said.

The person's identity wasn't clear but the Twitter messages came from the company's verified account, suggesting an employee was responsible.

In a statement, Deloitte, HMV's administrator, said that there had been 190 layoffs, most of them at the company's head office.

"Although such decisions are always difficult, it is a necessary step in restructuring the business to enhance the prospects of securing its future as a going concern," Deloitte's Nick Edwards said in a statement.

Deloitte didn't immediately return a message seeking comment about the online outbursts, although it appears that someone eventually took control of the account. The offending Twitter messages were deleted about an hour after they were first sent out.

THE ASSOCIATED PRESS

Retail pain. Sears lays off 700, Best Buy closes stores

Sears Canada announced Thursday it is laying off 700 workers across the country as part of a move to "right-size" the company and focus on restructuring its business.

Meanwhile, Best Buy Canada has closed eight Future Shop and seven Best Buy big-box stores across the country. Some 900 employees will be laid off because of the closures.

THE CANADIAN PRESS

Local impact

- **Best Buy:** No London locations will be affected by the cuts.
- **Sears:** It's unknown at this time if the cuts affect any London workers.

AM980/AM980.CA

Market Minute

DOLLAR 99.73¢ (-0.42¢)

TSX 12,685.24 (-109.21)

OIL $97.49 (-45¢)

GOLD $1,662 (-$19.60)

Natural gas: $3.304 US (-3.1¢)
Dow Jones: 13,860.58 (-49.84)

BlackBerry loss

BB shares keep sliding after debut

Shares in BlackBerry are down again, one day after the smartphone pioneer debuted new product offerings to generally positive reviews.

While the stock (TSX:RIM) was five per cent below Wednesday's closing price to $13.16 in early-afternoon trading, it was down 12 per cent earlier in the day.

The drop continues a loss in share value that began earlier this week ahead of the unveiling of the new BlackBerry Z10 and the BlackBerry Q10.

The Z10, a touchscreen model, will be available in Canadian stores next Tuesday, but not in the U.S. until March. THE CANADIAN PRESS

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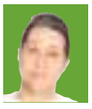


THE LIST
Mike Benhaim
metronews.ca

1 **Game of Thrones.** When Queen Beatrix of the Netherlands announced she would abdicate her throne in favour of her son, some expected Queen Elizabeth to do the same, but Lizzie ain't budging. Prince Charles is 64 and has been in line for the throne since he was three, the longest wait in British history. Instead, poor Charles is relegated to the mundane tasks of travelling the world, eating at ridiculously over-priced restaurants, and watching the ballet.

2 **Beam me up.** Russian astronauts aboard the International Space Station succeeded in transferring 400 megabytes of data to their ground station via laser communication channel for the first time in international practice. The breakthrough brings them one step closer to their eventual goal of downloading porn in space.

3 **... and speaking of porn.** Adult-film star Ron Jeremy was left in critical condition this week following the discovery of a heart aneurysm that required surgery. I wish him the best and a speedy recovery, but I'm guessing the situation may have been brought on by repeated shifts in the flow of blood. Just sayin'.

4 **Bowl busters.** Super Bowl Sunday is looming and there has been more talk of Beyoncé lip-syncing than football. My position on this is best illustrated in the words of Steve Martin, who co-starred with the singer in the film The Pink Panther, when he says, "Stop badgering her. Can't you see she's sexy!?"

5 **Why-arton?** Groundhog Day is upon us once again. Obviously there is no better scientific system of climate prognostication than for a subterranean-dwelling rodent to tell us how many weeks are left of winter, but we wacky, unconventional types like to wing it with a crazy little instrument known to our ancestors as a CALENDAR.

6 **Superstition.** This week in 1986, Diana Ross married Norwegian shipping magnate Arne Næss Jr. in Geneva. Stevie Wonder performed at the reception. The couple divorced in 2000, proving once again that Stevie's just bad luck.

7 **Sexy brekkie.** Let's face it, Canadians love cereal. And sex. Not necessarily at the same time (and probably not in that order). Well, now Peter Ehrlich, a former columnist and radio host, has burst onto the breakfast market with Sexcereal. The tasty health food is sweeping the nation with gender-specific nutrients that also promote sexual health, but beware not to mix up the bags. I missed a half day of work because I couldn't decide which shoes to wear. Watch Dragons' Den on Feb. 10 to find out more.

8 **Can't buy me love.** What would Valentine's Day be if you couldn't buy yourself a date? Shannon Hunter's third annual Love A Heart bachelor/bachelorette auction will once again raise money for The Heart and Stroke Foundation. The event takes place at The Hideout in Toronto on Feb. 14, but guests from all over Canada are expected. Bachelors include Toronto Raptors host Kat Stefankiewicz, CBC's George Stroumboulopoulos, and some fine-looking unknowns. Come by and shop, or just to pimp a friend.

Follow The Metro List on Twitter @TheMetroList

... Or, you know, you could just look at a calendar. GETTY IMAGES

The rainbow connection

NICOLE CAMBRÉ/REX FEATURES

Landscape photo

Waterfall makes circular rainbow

This stunning image shows an almost full-circle rainbow at Victoria Falls. The amazing picture was taken by amateur photographer Nicole Cambré on the Zambian side of this impressive natural spectacle.

Cambré, a 42-year-old lawyer from Brussels, captured the shot from Livingstone Island, which is on the edge of the falls. METRO

Photographer's viewpoint

"Capturing the rainbow over the falls was more challenging than I thought, especially with the spray. On Livingstone Island on top of the falls I finally managed to capture this full rainbow."

Nicole Cambré, amateur photographer

Full-circle phenomenon

The lower the sun, the higher the bow

It's very rare to see a full-circle rainbow as the bottom is usually blocked by one's horizon.

The sun's height determines how much of an arc you see; the lower the sun, the higher the top of the rainbow. Some rainbows continue even below the horizon. Mountain climbers see more of a full-circle, while pilots have reported seeing genuine full-circle rainbows. METRO

Rainbow by moonlight

Don't need sun to make a rainbow

Victoria Falls is also famous for its "moonbows," or lunar rainbows.

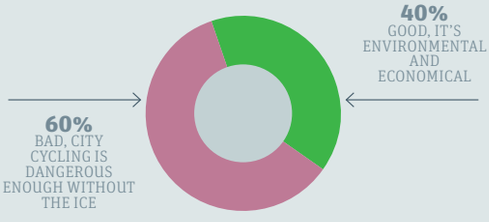
Moonlight shines on the water, and while it is hard for the human eye to detect it, the bow's colours will appear in long-exposure photographs.

The moonbows are rare because a number of conditions are required: the moon must be less than 42 degrees high in a very dark sky. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Winter cycling — good idea or bad idea?



Twitter

@naomisayers00: My horoscope says love is in the air until February 25. Yes that's because it is valentines day but I'm single and la-la-la-loving it.

@RachFee: I've never been to Pita Pit but they mailed me coupons and they're right next door so I guess maybe I'll go.

@CollegeBro5: "She's a gem... I just haven't talked to her yet. But you can so tell bro. I'll get on that sometime, maybe soon." #fanshawe

@HealthCentre: Our services for people who are #homeless will be closed Feb 8, March 1 and March 18. Please let our shared clients know. Thank you. #ldnont

@morganpaigesf: Prof just called me out for having the flu.. then proceeded to advise the rest of the class to wash their hands. #westernu #sicky

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A pair of glasses marks the entrance to the cornfield in Clear Lake, Iowa, where Buddy Holly, Ritchie Valens and The Big Bopper died in a plane crash on Feb. 3, 1959. TORSTAR NEWS SERVICE

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The day the music died

Feb. 3, 1959. The Reel Guys remember Buddy Holly, Ritchie Valens and The Big Bopper with movie picks that pay tribute to their legacies

Richard: Mark, Buddy Holly was arguably the biggest star of the three musicians, so it's no surprise that he pops up in the most movies. Gary Busey is the most famous of the Holly impersonators, having been nominated for an Oscar for The Buddy Holly Story, but others have also donned the black rims to good effect. An unknown actor named Guy Kent raved on in a surreal retelling of Buddy's life called The Day the Music Died. Less successful was Frankie Muniz who should have been (Peggy) sued for his performance in Walk Hard: The Dewey Cox Story.

Mark: Buddy Holly was surely the genius of the three. And I think The Buddy Holly Story did him justice. It was Gary Busey's last significant lead, and I think it's ironic that the madman actor played one of the few levelheaded stars of rock 'n' roll. La Bamba is a step down in rock biopics. Valens only had a nine-month career, and you can feel the story padding in the film. But worst of all was the sentimental ending with his brother blubbering on about the loss. Again, it was Lou Diamond Phillips' last significant lead before he became the straight-to-video champ.

RC: He may not be the biggest box office draw, but anyone who watched Celebrity Cook Off knows he's a helluva chef. I regard his homemade Wild Turkey Bourbon Barbecue Sauce as highly as his work in Young Guns or Stand and Deliver. But back to the movies. I liked La Bamba more than you, even though Phillips was way too old to play the 18-year-old singer. Most of it is Hollywood hokum, but the music by Los Lobos is good! Maybe you'd enjoy Lives and Deaths of the Poets more. It's a collection of short skits about famous writers and musicians, including Valens.

MB: You'll notice no one is rushing to make The Big Bopper biopic. But here's a guy who would have been a footnote in rock history except that he got on that ill-fated plane, forever linking him in our minds with the great Buddy Holly. Bad life choice for the Bopper, but ultimately a good career move.

RC: I think his life would make a good movie. He was a colourful character — a singer, a flamboyant DJ who wrote some big hits for other people. If they can make a film about payola king Alan Freed they could certainly find enough material for a Big Bopper biopic.

MB: I suspect the Freed movie, American Hot Wax, was as much about the artists that revolved around him as Freed himself. Not a half-bad movie either.

Synopsis

For music fans of a certain age, Feb. 3 is a day to observe a moment of silence. Known as the day the music died, it's the day, in 1959, when a small plane crashed outside Clear Lake, Iowa, killing rock 'n' rollers Buddy Holly, Ritchie Valens and JP "The Big Bopper" Richardson.

Fair's fair

"If they can make a film about payola king Alan Freed they could certainly find enough material for a Big Bopper biopic."
Richard Crouse

Romantic Comedy

Warm Bodies

Director. Jonathan Levine

Stars. Nicholas Hoult, Teresa Palmer

Warm Bodies doesn't stink nearly as much as I imagine its leading character would. A rom-com set in an apocalyptic near-future ruled by rambling rotten corpses, the film focuses on a love-lorn zombie crushing on a gorgeous living girl. Basically a spin on Romeo and Juliet (if Romeo were dead, that is), the comedy has youthful quirk and charm, but its modesty will likely aggravate purists looking for cinematic zombie gore.

STEVE GOW

Drama/Sci-Fi

Holy Motors

Director. Leos Carax

Stars. Denis Lavant, Edith Scob, Eva Mendes

As a professional chameleon tooling around Paris in a white stretch limousine, Denis Lavant gives the performance of the year — or actually, 11 of them. Lavant's shape-shifting brilliance (he's an old lady, a monster, a hit man and a motion-capture-suit-clad-martial-artist) makes him a walking analog special effect, and he holds this wild, unruly, impressively ambitious movie together. A must-see.

ADAM NAYMAN

Zombies vs. vampires

"I understand parallels have been drawn because there's a mystical element to the relationships in both of these films. I think tonally it's very different — Warm Bodies to Twilight. There's a lot of comedy, we don't take ourselves too seriously. But having said that, we of course embrace comparisons in a sense because Twilight is a hugely successful franchise and if we can find half the audience that Twilight has I think we'd be very happy."

Teresa Palmer, during a recent interview in Toronto, when asked if people would compare Warm Bodies to Twilight
THE ASSOCIATED PRESS

Affleck's Argo goes from long shot to Oscar favourite

Some years, Academy Awards voters just want to feel right about themselves, their industry, their country. And maybe honour one of their own who hasn't always shared in the love of his peers.

That could explain why Ben Affleck's Argo has gone from best-picture long shot to Oscar favourite over such competitors as Steven Spielberg's stately but talky Civil War portrait Lincoln or Kathryn Bigelow's brilliant yet contentious CIA thriller Zero Dark Thirty.

Argo is a feel-good thrill ride that's patriotic enough to warrant a good "USA! USA!" chant as the credits roll. It's all about how Hollywood helped save some lives. And a best-picture win could be viewed as righting a wrong after Affleck inexplicably missed out on a best-director nomination.

"There's a surge to embrace Ben Affleck in the aftermath of his Oscar snub. It seems like such an outrage that his film is benefiting from it as a result," said Tom O'Neil, who runs the awards website GoldDerby.com. "It really is a pro-Argo movement more than it is a kind of shrug off of Lincoln or a disparagement of Zero Dark Thirty. Hollywood is rallying around one of their wounded own."

Argo is one of three true-life best-picture nominees steeped in different eras of U.S. history. Spielberg's Lincoln, which leads the Oscars with 12 nominations and looked like the front-runner until Argo began winning top honours at other awards shows, is a towering study of Abraham Lincoln as he manoeuvrs to end the war and pass the 13th Amendment abolishing slavery. Argo tells of a little-known victory amid an otherwise enervating chapter in American foreign affairs during the Iran hostage crisis. Bigelow's Zero Dark Thirty is a sombre story of this last dark decade as the CIA builds leads that result in the Navy SEALs raid that killed Osama bin Laden.

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Jason Bateman puts on a familiar Identity

Interview. Arrested Development star talks about the move to Netflix and his new comedy project Identity Thief

NED EHRBAR
Metro World News

Jason Bateman is getting used to playing the straight-man role in comedy projects. HANDOUT

Being the straight man in a comedy can be a thankless job, but Jason Batemen has no problem with that. His latest, Identity Thief, finds him taking on Melissa McCarthy's titular con woman. Plus, this spring he gets to reprise his best-loved straight man role, as put-upon Michael Bluth in Arrested Development, when the cult hit returns with new episodes on Netflix. Still, if you've got a more outlandish comedy role in mind, he's willing to listen.

Do you find it at all insulting to be asked how hard it is to keep a straight face opposite someone like Melissa McCarthy?
No, actually, I've never taken it that way. That's tough to do, and I fail miserably at it repeatedly, especially with Melissa. You've just got to have the camera on her alone so that when I start laughing you don't see my shoulders bouncing up and down in the foreground.

You've made quite a career of playing the straight man, but have you been looking for parts beyond that type?
Yeah, I mean I would enjoy doing that. Send them. I'll read them and do them. But I get most of my opportunities doing what people have seen me do before, and I don't think that's too dissimilar from most actors. You kind of get offered what people expect to see you in. So it's up to me to start to steer the ship in another direction if I want some changes. And I do, every once in a while. That was one of the things that really attracted me to a film I did with Ryan Reynolds called the Change-Up. It didn't really work at the box office or critically, but we had a really good time doing it.

Was it Melissa or writer Craig Mazin who kept adding in jokes about you having mangled junk in Identity Thief?
Well, Craig's pretty filthy. Craig wrote a script that didn't need any ad-libbing whatsoever to make it funny, and so we didn't do a lot of that. We would every once in a while make stuff up to crack each other up and make the crew laugh, but this isn't one of those movies where it's, 'Boy, thank God those actors improvised because otherwise it wouldn't be funny.' Craig Mazin did a really, really good job.

Belly laughs

"Craig wrote a script that didn't need any ad-libbing whatsoever to make it funny, and so we didn't do a lot of that."
Jason Bateman
Talking about his time on Identity Thief.

So he's the one obsessed with you having messed-up junk?
He loves my junk. Or he loves my messed-up junk. He wants bad things to happen to it because I won't give it to him.

True or false: You are the only Bluth family member to appear in each of the new episodes of Arrested Development.
I believe that is true. I haven't seen them, he's still editing them, but that was the goal when Mitch (Hurwitz) and I talked about these episodes early on. There was a question as to whether the finances or the scheduling would allow for all of us to be in every episode, and I said, 'Whatever it takes schedule-wise or finance-wise, I'm your guy.' So we worked it out and we just made sure that I was done with all of my duties before I had to go off and do something else.

Any word on returning guest stars?
I think Mitch has already said that a few people are coming back. I think he's mentioned Carl Weathers and Henry Winkler and ... who else did he mention? James Lipton and Andy Richter. There's many more. And then his ideas for the movie are just insane. So hopefully Act II and Act III will happen, which is the movie. I can't wait to see what he does with all this footage. We still have a little bit of additional stuff to do. I work one more day on it in a week or two.

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THESE PAGES COVER MOVIE START TIMES FROM FRI., FEB.1 TO THURS., FEB. 7. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

London

Hyland Cinema
240 Wharncliffe Road South, 519-913-0313

Cirque du Soleil: Worlds Away (G) Fri-Sat 1-5 Sun 7 Mon-Tue 1-5 Wed 5 Thu 3-7
Holy Motors (14A) Fri 7 Sat 9 Sun 2:55-9 Mon-Tue 9 Wed 2:55-9 Thu 9
Hyde Park on Hudson (PG) Fri 3-9:05 Sat 3-7 Sun 1-5 Mon-Tue 3-7 Wed 1-7 Thu 1-5

Rainbow Cinemas London
355 Wellington St., 519-434-3073

Broken City (14A) Fri-Thu 6:55-9:20
Hansel & Gretel: Witch Hunters (14A) Fri-Thu 1:30-3:50-7:20-9:25
Movie 43 (18A) Fri-Thu 1:25-3:30-7:15-9:45
Parental Guidance (G) Fri-Thu 1-3:20
Parker (14A) Fri-Thu 1:05-3:40-7-9:40
Silver Linings Playbook (14A) Fri-Thu 1:15-3:45-7:05-9:35
Warm Bodies (PG) Fri-Thu 1:10-3:35-7:10-9:30
Zero Dark Thirty (14A) Fri-Thu 12:55-4-7:25

Western Film
Room 340, UCC Building,

Jack Reacher (14A) Fri-Thu 9:45
Rise of the Guardians (G) Sat-Sun 2:30-4:45
The Room (STC) Fri 12
Skyfall (PG) Fri-Thu 7

Wellington 8 Cinemas
983 Wellington Rd. S, 519-685-2529

Broken City (14A) Fri 6:30 Sat-Sun 12:50-3:30-6:30 Mon-Thu 5
Bullet to the Head (14A) Fri 6:50-9:35 Sat-Sun 12:40-3:20-6:50-9:35 Mon-Thu 5:25-8
Gangster Squad (14A) Fri-Sun 9:10 Mon-Thu 7:40
Hansel & Gretel: Witch Hunters (14A) Sat-Sun 1:20
Hansel & Gretel: Witch Hunters 3D (14A) Fri 6:45-9:20 Sat-Sun 3:40-6:45-9:20 Mon-Thu 5:30-7:50
The Hobbit: An Unexpected Journey (PG) Sat-Sun 12:30
The Hobbit: An Unexpected Journey 3D (PG) Fri 7:30 Sat-Sun 4-7:30 Mon-Thu 7:30
Mama (14A) Fri 7:10-9:40 Sat-Sun 1:10-4:15-7:10-9:40 Mon-Thu 5:50-8:20
Movie 43 (18A) Fri 7:20-9:45 Sat-Sun 1:30-4:10-7:20-9:45 Mon-Thu 5:40-8:15
Parker (14A) Fri 6:40-9:25 Sat-Sun 12:45-3:50-6:40-9:25 Mon-Thu 5:15-8:10
Warm Bodies (PG) Fri 7-9:30 Sat-Sun 1-3:45-7-9:30 Mon-Thu 5:15-7:45

Cineplex Odeon Westmount & VIP Cinemas
755 Wonderland Road South, 519-474-2796

Django Unchained (18A) Fri 4-6:30-9:45 Sat-Sun 2:45-6:30-9:45 Mon 7:45 Tue 6-9:15 Wed-Thu 7:45
Gangster Squad (14A) Fri 3:30-7:30-10:20 Sat-Sun 2-4:40-7:30-10:20 Mon 7:10-9:55 Tue 3:30-7:30-10:20 Wed-Thu 7:10-9:55
Great Expectations - Live (STC) Thu 7:15
Hansel & Gretel: Witch Hunters 3D (14A) No Passes Fri 5:20-7:50-10:30 No Passes Sat-Sun 2:55-5:25-7:50-10:30 No Passes Mon 7:25-9:45 No Passes Tue 5:20-7:50-10:30 No Passes Wed-Thu 7:25-9:45 No Passes Fri 4:30-7:30-10:30 No Passes Sat-Sun 1:50-4:50-7:30-10:30 No Passes Mon 8:15 No Passes Tue 3:55-7-10:10 No Passes Wed-Thu 8:15
The Impossible (PG) Fri 4:10-7:10-10 Sat-Sun 1:40-4:20-7:10-10 Mon 6:50-9:35 Tue 4:10-7:10-10 Wed 1:25-6:50-9:35 Thu 6:50-9:35
Lincoln (PG) Fri 4-9:55 Sat-Sun 3:40-9:55 Mon 7:15 Tue 4-9:55 Wed 1:15 Fri 7 Sat-Sun 1:30-7 Tue 6:30 Wed 7:15
Parker (14A) Fri 4:30-7:20-10:15 Sat-Sun 1:40-4:30-7:20-10:15 Mon 7-9:50 Tue 4:30-7:20-10:15 Wed-Thu 7-9:50
Quartet (PG) Fri 3:50-6:50-9:25 Sat-Sun 12:35-1:30-4-6:50-9:25 Mon 6:40-9:15 Tue 3:50-6:50-9:25 Wed 1:30-6:40-9:15 Thu 6:40-9:15 Star & Strollers Screening Wed 1
Silver Linings Playbook (14A) Fri 7 Sat-Sun 12:45-7 Mon 6:30-9:25 Tue 7 Wed 1:20-6:30-9:25 Thu 6:30-9:25 Fri 3:40-10:10 Sat-Sun 4:10-10:10 Tue 4:15-9:45
Warm Bodies (PG) Fri 4:20-7:40-10:25 Sat 12:30-2:50-5:15-7:40-10:25 Mon 7:20-9:55 Tue 4:20-7:40-10:25 Wed-Thu 7:20-9:55 Star & Strollers Screening Wed 1
Wreck-It Ralph (PG) Sat-Sun 12:30
Zero Dark Thirty (14A) Fri 3:40-6:40-10:10 Sat-Sun 3:10-6:40-10:10 Mon 7:50 Tue 3:40-6:40-10:10 Wed 1:15-7:50 Thu 7:50

SilverCity London
1680 Richmond St, 519-673-4125

2001: A Space Odyssey - Digital Film Festival (STC) Fri 6:15 Mon 1
An American Werewolf in London (STC) Fri 11:59 Sun 2:15 Wed 4:50
Battle Royale (STC) Mon 7 Tue 12
Bullet to the Head (14A) Fri-Sat 12:55-3:25-5:50-8:30-11:05 Sun 12:25-2:45-5:10-7:35-10:10 Mon 2:45-5:10-7:35-10:10 Tue-Wed 12:25-2:45-5:10-7:35-10:10 Thu 2:45-5:10-7:35-10:10
Casino (STC) Tue 9:55 Thu 4
A Clockwork Orange (R) Fri 9:10 Mon 4
Cockneys vs Zombies (STC) Sat 11:58 Sun 9:50
Django Unchained (18A) Fri 3:20-7-10:40 Sat 11:40-3:20-7-10:40 Sun-Thu 1:05-5:20-9
The Fifth Element (STC) Sat 11:40 Sun 7:15 Wed 12
Gangster Squad (14A) Fri-Sat 12:05-2:40-5:20-8:10-10:55 Sun 12:05-2:40-5:05-7:30-10:15 Mon 2:40-5:05-7:30-10:15 Tue-Wed 12:05-2:40-5:05-7:30-10:15 Thu 1:25-3:55-10:40
GoodFellas (R) Tue 7:05 Thu 1
Gremlins (PG) Sun 12 Tue 4:50 Wed 2:35
Hansel & Gretel: Witch Hunters — An IMAX 3D Experience (14A) No Passes Fri 1:20-3:40-6-8:20-10:45 No Passes Sat 11:15-1:20-3:40-6-8:20-10:45 No Passes Sun-Wed 1:20-3:40-6-8:20-10:40 No Passes Thu 1:20-3:40-6-8:20
The Hobbit: An Unexpected Journey 3D (PG) Fri 3:05-6:45-10:30 Sat 11:25-3:05-6:45-10:30 Sun-Thu 1-5:15-8:45
Indiana Jones and the Kingdom of the Crystal Skull (PG) Sat 9:30
Indiana Jones and the Last Crusade (STC) Sat 7
Indiana Jones and the Temple of Doom (STC) Sat 4:40
Jaws (14A) Fri 3:40 Sun 4:35 Wed 7:10
Life of Pi 3D (PG) Fri-Thu 4:40-7:25-10:20
Mama (14A) Fri-Sat 12:45-3:15-5:45-8:25-10:50 Sun 12:45-3:15-5:45-8:10-10:35 Mon 3:15-5:45-8:10-10:35 Tue-Wed 12:45-3:15-5:45-8:10-10:35 Thu 3:15-5:45-8:10-10:35
The Matrix - Digital Film Festival (STC) Fri 1 Wed 9:45
Les Misérables (PG) Fri-Sat 12-3:10-6:55-10:25 Sun-Thu 1:30-5-8:35
Monsters, Inc. 3D (G) Fri-Sun 12:20-2:30 Mon 1:40 Tue-Wed 12:20-2:30 Thu 2:30
Movie 43 (18A) Fri-Sat 12:10-2:20-4:30-6:50-9-11:15 Sun 12:15-2:50-5:25-8:05-10:25 Mon 2:50-5:25-8:05-10:25 Tue-Wed 12:15-2:50-5:25-8:05-10:25 Thu 2:50-5:25-8:05-10:25
Oldboy (STC) Mon 9:25 Tue 2:20
Pulp Fiction (STC) Thu 9:40
Racing Stripes (G) Sat 11
Raiders of the Lost Ark (PG) Sat 2:10
Reservoir Dogs (R) Thu 7:30
This Is 40 (14A) Fri-Sat 1:30-4:35-7:35-10:50 Sun-Tue 1:15-4:10-7:10-10 Wed 4:10-7:10-10 Thu 1:15-4:10-7:10-10
Star & Strollers Screening Wed 1
Top Gun: An IMAX 3D Experience (STC) Thu 10:40
Warm Bodies (PG) Fri-Sat 12:30-3-5:30-8:05-10:35 Sun 12:30-3-5:30-8-10:30 Mon 3-5:30-8-10:30 Tue 12:30-3-5:30-8-10:30 Wed 4:20-8-10:30 Thu 3-5:30-8-10:30 Star & Strollers Screening Wed 1

Jason Statham stars in Parker. HANDOUT

Metro News, Just For Laughs and Jeremy Hotz Want to Get you Out of Your Misery!

Jeremy Hotz

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1) Win a pair of front row tickets to Jeremy Hotz's Magical Misery Tour show at Centennial Hall on March 1!

2) Grand prize: a trip for two to Just For Laughs Bermuda in January 2014, including flights, a 3-night stay at the Fairmont Southampton Bermuda and tickets to Just For Laughs Bermuda!

March 1
7:30 PM
Centennial Hall

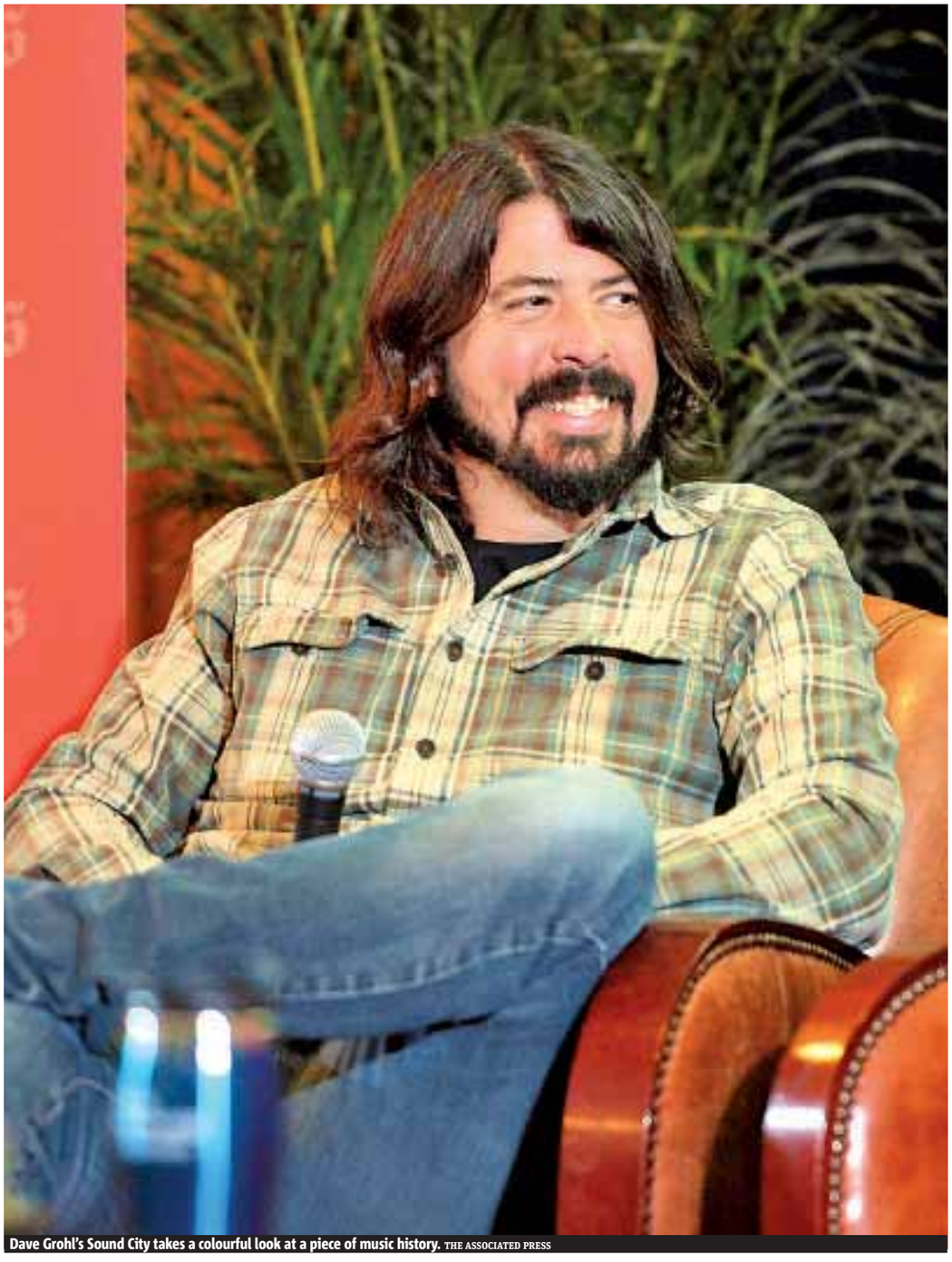
Just for laughs Live

metro metronews.ca

The Fairmont Southampton

HAHAHA.COM/CONCERTS

London portion of contest closes February 19, 2013. Open to Canadian residents 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) prize of a pair of front row tickets to the Jeremy Hotz Magical Misery Tour show in London, presented by Just For Laughs. Winner in London will be pooled with similar winners in Halifax, Toronto, Ottawa, Calgary and Vancouver for the Grand Prize draw. There is one (1) Grand Prize of a trip for two to Just For Laughs Bermuda in January 2014, which includes return airfare, three nights of hotel accommodation at The Fairmont Southampton Bermuda and tickets to Just For Laughs Bermuda, valued at approximately $3,500 CAD (based upon departure from Halifax, actual value may vary depending upon time and city of departure). Certain restrictions may apply. For full contest rules, go to www.clubmetro.com.



Dave Grohl's Sound City takes a colourful look at a piece of music history. THE ASSOCIATED PRESS

The secret behind Nevermind

Movie. Dave Grohl's movie, Sound City, takes a particular interest in the studio where Nirvana found their break

Rock musician Dave Grohl set out to make a recording studio the subject of his first-ever film. He was intrigued not only by the studio but by a specific piece of recording equipment — a 1970s era sound board — that captured every note of music made there.

Geek city, right? It sounds like an idea any sane moviegoer would run from.

Instead, Sound City offers a colourful piece of music history, a candid examination of changes wrought by technology and a defiant statement about not surrendering the human element in creativity. Grohl's rookie film made it to the Sundance movie festival, is being released theatrically Friday and is accompanied by an album featuring artists he interviewed.

"It honestly was more like a keg party with a camera than making a Hollywood film," he said.

Grohl knew nothing about the Sound City studio in Van Nuys, Calif., when he and fellow Nirvana members Kurt Cobain and Krist Novoselic booked a session to make Nevermind in 1991. Their California record company wanted Nirvana nearby to keep an eye on them and time at Sound City was cheap.

It was in a nondescript neighbourhood and looked like a dump, with tired shag carpeting. Then Nirvana noticed all the gold records on the wall from artists who had recorded there: Fleetwood Mac, Tom Petty, Van Halen, REO Speedwagon, Guns 'n Roses, Neil Young, Cheap Trick, Slayer, Rick Springfield and more.

After plugging in their instruments and running through In Bloom, Grohl and his mates discovered why. The sound, to their ears, was amazing. Nirvana had never been captured with such clarity and power before.

"You might have never heard of Nirvana if we had recorded in Hollywood with a fancy producer who made us sound like Def Leppard," he said. "The fact that that (sound) board made us sound like us is what people appreciated. To be reunited with it, honestly, it was like meeting your real parents for the first time."

THE ASSOCIATED PRESS

The end

We'll finally know how he met your mother

CBS says the big reveal is coming for How I Met Your Mother.

The network said Wednesday the sitcom will air its ninth and final season next fall.

And CBS Entertainment President Nina Tassler promised that TV's "most mysterious mother" will be unveiled as the show wraps up.

That would be the mystery woman with whom Ted, played by Josh Radnor, ultimately has a family.

The sitcom's cast also includes Neil Patrick Harris, Cobie Smulders, Jason Segel and Alyson Hannigan.

20th Century Fox Television says all the actors will return for the 2013-14 season. THE ASSOCIATED PRESS

The cast of How I Met Your Mother, which includes Neil Patrick Harris and Cobie Smulders, will say goodbye after the show's ninth season. HANDOUT

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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lo and behold, Lindsay makes it to court

Lindsay Lohan wasn't too sick to fly after all. Despite reportedly being too under the weather to make it from New York back to L.A. this week for a Wednesday court date, the troubled actress showed up after all, wearing a little black dress and Louboutin heels, according to the Associated Press. "I'm glad to see you're feeling better," Judge Stephanie Sautner told Lohan at the hearing. Lohan pleaded not guilty to three misdemeanor counts stemming from a car crash last summer. If found guilty, she could face 245 days in jail because of probation violations. "She's on probation," Sautner said at the hearing. "The condition is that she obey all laws."

Charlie Sheen

Sheen still on starlet's side

At least Charlie Sheen isn't worried about Lindsay Lohan's legal troubles.

"She's terrific," he tells Jay Leno in an interview. "I mean she's going through a lot of stuff, but she's smart and super-talented and will come out on top eventually, you know."

As for the $100,000 Sheen loaned the troubled actress — money she reportedly put toward her massive tax bill — Sheen says, "I didn't know it was for taxes. If I had known that, I'd have given her half, you know."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Mayer more comfortable in front of the cameras

John Mayer is definitely mellowing when it comes to dealing with paparazzi.

"The way that the media plays a part in everyone's life has changed over the last several years," he tells RollingStone.com. "I mean, I used to be incredibly put off by somebody taking a picture, thinking as if in some way it was invading my brain. But all it is, is you can see where I was last weekend. That's all. And I think time has shown that nothing will be stolen from you. It's just a photograph of you and your dumb scarf that you put on because it wouldn't fit in your suitcase. Cool."

METRO WORLD NEWS

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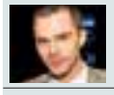

@NicholasHoult
So, Twitter, here I am. Spread the word!

@TheRock
AM cardio starts now.. Pitch black out here. Howlin' at this moon.. #WerewolfThuggin Lets roll..

@MarkDuplass
my dreams have been really slow and boring lately. fingers crossed for some 80's action/thriller storylines tonight.

@SarahKSilverman
My doctor said I have perfect aim

LIFE 3

Liquid Assets

Wash down game snacks

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

When it comes to pairing liquids with solids, wine has the edge over its boozy competition. After all, you're not going to wash down haute cuisine with a brewski. Right?

It really depends on where you are.

In wine-engaged cultures (like France and Italy), culinary artists evolved their industry in parallel with their compatriots in nearby vineyards. So, it makes sense that locals reach for vino when they put on the feed bag.

Countries like the United Kingdom and Belgium — where wine production is nearly non-existent — have a closer affinity to beer, which makes a good brew their primary dinner table mate.

Since the Super Bowl is this Sunday, I'm betting most of you will be serving pub-inspired fare and drinking like the Brits as you watch the game.

Not that you can't serve wine (think something white and off dry). It's just that aggressively flavoured finger food, the likes of Buffalo Chicken Tenders and Short Ribs, calls for something cool and thirst-quenching. While a crisp Euro or Canadian lager fits the bill, I prefer medium-bodied, lightly malted ales like Newcastle Brown Ale (500 ml, $2.90 to $3.49) from England's north east.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Bite into lighter side of Super Bowl staple

Buffalo Chicken Tenders. Put aside the deep fryer and pop these crunchy snacks into the oven

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

The key food groups of Super Bowl are meat and melted cheese, preferably deep-fried. Buffalo-style chicken wings and chicken nuggets are just the sort of deep-fried deliciousness we're talking about. And this recipe marries the two, incredibly, in a way that satisfies the soul and keeps blood whistling through the old arteries.

The chicken is luxuriated in a buttermilk bath for several hours, after which it is coated with a mixture of breadcrumbs and panko (for extra crunch), and baked in the oven.

It's not quite as crispy as a deep-fried version, but it is nonetheless ridiculously flavourful. This effect is achieved by adding a blue cheese dipping sauce, which borrows one of the trademark ingredients of Buffalo chicken wings. Traditionally, wings are tossed in a mix of hot sauce and butter after they come out of hot oil. But you don't want to sog up your finished product, so dip the finished tenders, first in the hot sauce then in the blue cheese. It's a touchdown.

Ingredients

- 2 garlic cloves, smashed
- 1 tsp salt
- 1/4 cup plus 2 tbsp hot sauce,
- 2 cups plus 6 tbsp buttermilk,
- 1 lb chicken tenders (or chicken breasts cut into 3-by-1-inch strips, 1/2-inch thick)
- 3/4 cup whole-wheat Italian seasoned breadcrumbs
- 1/4 cup panko breadcrumbs
- 1/4 cup low-fat mayonnaise
- 1/4 cup crumbled blue cheese
- 1/2 tsp lemon juice

1. In bowl, combine garlic, salt, 2 tablespoons of hot sauce and 2 cups of the buttermilk. Whisk until salt dissolves. Add chicken tenders and stir to coat well with the marinade. Cover and refrigerate for at least 2 hours and up to 10 hours.

2. When ready to cook, heat oven to 425 F. Line baking sheet with parchment paper and spray it with olive oil cooking spray.

3. In shallow bowl combine whole-wheat and panko breadcrumbs. In another small bowl, whisk remaining 6 tablespoons of buttermilk, the mayonnaise, blue cheese and lemon juice. Transfer to ramekin for dipping. Pour remaining 1/4 cup of hot sauce into a second ramekin for dipping.

4. Use colander to drain chicken, but do not pat it dry. Dip each chicken piece in the breadcrumb mixture, making sure it is coated well on both sides. Arrange chicken in single layer on prepared baking sheet, then spritz tops with olive oil cooking spray.

5. Bake on oven's middle shelf for 10 minutes. Turn chicken pieces over and bake an additional 5 minutes, or until just cooked through. Let cool few minutes, then transfer to a platter. Serve with both dipping sauces. **THE ASSOCIATED PRESS**

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.

MIX OF SIX
Julian Uzielli
london@metronews.ca

25 years of rodeos

Country rock legends Blue Rodeo are celebrating the 25th anniversary of their first album with a cross-Canada tour, making a stop at Budweiser Gardens (99 Dundas St.) on Thursday. The band seems to be taking the anniversary seriously: the tour will hit 25 cities and tickets start at $25 (plus tax). The Toronto group is one of the most celebrated in Canadian music, racking up five Juno awards and the keys to the City of Toronto, selling millions of records along the way. For tickets, visit budweisergardens.com. Photo courtesy of Savanah Sewell.

Holy harmonica, Carlos!

It may not be the most glamorous instrument, but when played well the harmonica produces one of the most soulful sounds around. Local mouth-organ maniacs are in luck then, because harmonica great Carlos Del Junco is playing at the London Music Club on Saturday night. In the Canadian Maple Blues Awards' 16-year history, Del Junco has been named Harmonica Player of the Year eight times, in addition to multiple Juno nominations — not too shabby. Tickets are going for $25 at londonmusicclub.com or $28 at the door. Photo courtesy of Pete Denomme.

Girls Night Out

Celebrate Valentine's Day early this year with all the girls at the Girls Night Out Valentine's Soiree on Saturday night at Bellamere Winery at 1260 Gainsborough Rd. The second annual event, hosted by Windells Chocolates, was so successful last year they had to move to a bigger venue. The event includes dancing, a cupcake bar and a dessert buffet, as well as a slate of vendors offering everything from manicures to boudoir photography. The event runs from 7 to 11 p.m. Tickets are $35 and available at windellschocolates.com. Image courtesy of May Windell.

Under the weather

We've had some crazy weather in London over the past week or so, going from bitter cold to warm and rainy in just a few days. It's fitting, then, that Museum London's latest exhibit, Under the Weather: An Inclement History of London, opened this week. Using photographs, artifacts and first-hand descriptions, the show will take you back through London's history of severe weather events, and look at the impacts they have had on the community over the years. The exhibit runs until April 7. For more information, visit museumlondon.com. Pictured: flood scene, April 7, 1937. Photo courtesy of Matt Thomas.

All's fair in love and war

Away at war, two men bet their older mentor that their fiancées will stay faithful — that's the story told by Mozart's most famous opera, Cosi Fan Tutte, opening at Western University's Paul Davenport Theatre on Friday. Director Theodore Baerg chose to set his production in present day London — after all, human nature hasn't really changed since Mozart's day. The local setting will make the opera all the more relevant, despite its sometimes-controversial themes. For tickets, visit tickets.grandtheatre.com. Photo courtesy of Janis Wallace.

A tribute to Jack

On Wednesday, Aeolian Hall (795 Dundas St.) is celebrating the life and work of famed Canadian record producer Jack Richardson with a benefit concert performed by students from Fanshawe College. Students in the Music Industry Arts program will play a selection of Richardson's hits, with all proceeds going to the Heart & Stroke Foundation. Richardson, who died in 2011, worked with big-name acts like The Guess Who, Alice Cooper and Kim Mitchell before he began teaching at Fanshawe College. Tickets are $15, or $10 for students. For tickets, email denault.lauren@gmail.com. Image courtesy of Darin Addison.

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Skip fried foods for Baked Sesame Shrimp Toasts

1. Heat the oven to 400 F.

2. On a rimmed baking sheet, arrange the baguette slices in a single layer. Spritz the bread slices on both sides with cooking spray. Bake them on the oven's middle shelf for 4 minutes. Remove them from the oven, turn over each slice, then set aside. Reduce the oven to 350 F.

3. In a food processor, combine the shrimp, egg white, sake, ginger, garlic, hot sauce, 1/2 teaspoon of the sesame oil, the salt and the sugar. Purée until smooth. Transfer the mixture to a bowl and stir in the water chestnuts and scallions.

Ingredients

- 32 diagonally sliced 1/2-inch-thick baguette slices
- Cooking spray
- 1/2 lb raw shrimp, peeled and deveined
- 1 large egg white
- 2 1/2 tsp sake, Chinese rice wine or dry sherry
- 2 tsp finely grated ginger
- 1 large garlic clove, minced
- 1 1/2 tsp hot sauce
- 1 1/2 tsp toasted sesame oil, divided
- Heaping 1/4 tsp kosher salt
- 1/4 tsp sugar
- 4-oz can water chestnuts, drained and finely chopped
- 2 scallions, finely chopped (about 1/4 cup)
- 1/4 cup low-fat mayonnaise
- 2 tsp sesame seeds

This recipe makes 32 toasts. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. In bowl, stir mayonnaise and remaining 1 teaspoon sesame oil. Mound rounded tablespoon of the shrimp mixture on top of each toast and spread evenly over the toast. Brush the top of each mound with some of the mayonnaise mixture, then sprinkle with sesame seeds.

5. Bake on the oven's middle shelf for 12 to 14 minutes, or until the shrimp mixture is just cooked through. Serve hot. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

X Games

Moore succumbs to injuries after snowmobile crash

Caleb Moore, an innovative freestyle snowmobile rider who was hurt in a crash at the Winter X Games in Colorado, died Thursday morning. He was 25.

Moore was being treated at a hospital in Grand Junction since the Jan. 24 crash. Family spokeswoman Chelsea Lawson confirmed his death, the first in the 18-year history of the X Games.

"He lived his life to the fullest. He was an inspiration," Lawson said.

Moore was attempting a backflip when his snowmobile caught the lip of the landing area, sending him over the handlebars. He landed face first in the snow with his snowmobile rolling over him.

Moore eventually walked off with help and went to hospital with a concussion. He developed bleeding around his heart and was flown to Grand Junction for surgery. The family later said that Moore also had a complication involving his brain.

THE ASSOCIATED PRESS

NHL

Sens lose Spezza to back surgery

The Ottawa Senators will have to try and build on their impressive start without one of their star forwards.

Jason Spezza will undergo surgery Friday in Toronto for a herniated disc and will be out for the foreseeable future.

Senators general manager Bryan Murray told reporters Thursday that it's too early to provide a timeline for Spezza's return, but the team is hopeful that he'll be able to play again this season.

THE ASSOCIATED PRESS

Hurricanes blue-liner Tim Gleason lands a right on Bruins forward Milan Lucic on Monday in Raleigh, N.C. GERRY BROOME/THE ASSOCIATED PRESS

NHLers acting out after the lockout

NHL. Pent up aggression, giving fans what they want and trying to keep a roster spot among reasons for increase in fisticuffs

Wanna fight?

If you're an NHL player, you can probably find somebody to drop the gloves.

A lockout-delayed and shortened season has created a spike in fights around the league, just as it did the last time labour woes led to a 48-game season.

There were 58 fights through the first 87 games this year, following play on Tuesday night, an increase from 39 after the same number of games last season, according to STATS. During the 1994-95 season, there were 83 fights over the first 87 games of that lockout-shortened slate, a jump from 58 during the same stretch the previous season.

"Obviously, you have a situation where the players are being thrown into the immediate intensity of a shortened season and that certainly may play a role," NHL deputy commissioner Bill Daly wrote Thursday in an email to The Associated Press. "We monitor these things as well, and the number of fighting majors have decreased significantly and begun to normalize over the last week. I expect that will continue over the balance of the season."

There were, in fact, fewer fighting penalties than games on Monday for the first time since the season started with 12 fights in 13 games. And on Wednesday, there were six fights in four games.

Nashville forward Richard Clune acknowledges he's fighting for his job. Clune has been trying to make it back in the NHL since playing in 14 games with the Los Angeles Kings three years ago. He was in three fights in his first five games.

Clune didn't play in Nashville's opener when star defenceman Shea Weber got into a rare fight with Columbus forward Jared Boll, the first NHL player to five fights this season. Clune, perhaps not coincidently, was in the lineup for the next game and tried to make his presence felt right away by getting penalized for boarding in the opening minutes.

"I play hard and get in the other team's faces and sometimes it results in dropping the gloves," Clune said in a telephone interview before playing on the road against the Kings.

THE ASSOCIATED PRESS

Quoted

"For me personally, nothing is staged. It's spontaneous. It's all about the eye contact. You kind of say 'Let's do it,' without saying a word."

Red Wings forward Jordin Tootoo

By the numbers

16

There were a season-high 16 fights in 10 games on Tuesday, with Red Wings forward Jordin Tootoo fighting two different players in the first period against the Stars.

4 SPORTS

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Only 1 team's road ends in victory

Super Bowl preview. Both Ravens and 49ers, led by sibling head coaches, ready to battle in New Orleans

The San Francisco 49ers never have tasted defeat in a Super Bowl, going 5-0. It's the most impressive mark for any franchise in the big game.

Baltimore also is undefeated, with the Ravens winning their only appearance, in 2001.

Someone will have the Super Bowl blahs for the first time after Sunday's title game in the Superdome.

The Ravens, who are 3 1/2 -point underdogs, are on one of those runs reminiscent of recent NFL champions. Indeed, the New York Giants reached the Super Bowl a year ago in a similar manner, winning a wild-card game at home, then two playoffs on the road, including an overtime thriller.

The Giants got healthy down the stretch, something the Ravens have replicated, particularly on defence where star linebackers Ray Lewis and Terrell Suggs are giving vintage performances following injury-shortened seasons.

Quoted

"I believe we have found a way to believe in each other, and nothing else matters"

Baltimore Ravens linebacker Ray Lewis, who will retire after the game, on his team's attitude.

Road to the Super Bowl

- Baltimore's path to New Orleans led through New England, where the Ravens fell to the Patriots in last year's AFC title game. But they outscored the Patriots 21-0 in the second half to earn their spot in the Super Bowl.
- San Francisco also came up one win short a year ago, losing to the Giants for the NFC championship. That defeat has driven the 49ers just as much as the Ravens' failure in 2011 lifted them.

"That's what's been our road," Lewis said. "No matter who's been up, who's been down, who's been hurt, who's been injured. We found a way to pick each other up."

These Niners are built around a physical, stingy defence — that also has been the Ravens' persona for years, although not as much in 2012 as in Lewis' other 17 pro seasons. Linebacker Patrick Willis, who like Lewis wears No. 52 and is a perennial All-Pro, is the anchor.

"As a kid, you grew up watching," Willis said. "Last year we were one game away. To be able to be here, is truly special."

To make it extra special, San Francisco's offence will need to outdo Baltimore's. The Ravens have scored 90 points in three games, and the Niners have 73 in two.

Baltimore's defence has made big plays against Andrew Luck, Peyton Manning and Tom Brady. Now it gets an entirely different type of quarterback, Colin Kaepernick. His combination of running skill, powerful arm and surprising cool for a second-year pro makes him particularly dangerous against the Ravens. Baltimore does not have the fastest defence in the league.

San Francisco 49ers running back Frank Gore runs a drill during practice on Thursday in New Orleans. The 49ers are set to play the Baltimore Ravens in the Super Bowl on Sunday. MARK HUMPHREY/THE ASSOCIATED PRESS

Then again, the 49ers must deal with Joe Flacco, the only QB to win a post-season game in each of his first five seasons. Flacco also has six road playoff victories, a league record.

While the Ravens and 49ers play for each other, the Harbaugh brothers, John of the Ravens and Jim of the 49ers, will go against each other in the first Super Bowl featuring sibling head coaches. They've had fun with the topic this week, but it will be as serious as football can get on Sunday.

THE ASSOCIATED PRESS

Forgotten QB Taylor ready for Super Sunday

Super Bowl preview. Ravens backup QB has thrown just 30 passes in the NFL

Tyrod Taylor is the forgotten quarterback at the Super Bowl.

Everyone knows the starters, of course, Baltimore's Joe Flacco and San Francisco's Colin Kaepernick.

They even know about Alex Smith, who started for the 49ers until he was sidelined with a concussion in November and Kaepernick stepped in.

And Taylor? His resume can be summed up on the top half of an index card: Two years, no starts and 30 passes — 25 of them in the Ravens' meaningless regular-season finale against Cincinnati last month.

That's because Flacco has started every game during the past five seasons and never has missed a down because of injury or ineffectiveness.

Still, Taylor knows he's only one play away from getting into the Super Bowl, and for that reason he's practising hard this week as Sunday's championship game draws near.

"There are so many situations throughout the league where the next guy is called in, so you can't look at how many straight games Joe has played without being injured," Taylor said. "You never know what can happen at any second of the game. I have to be ready to take over if that happens." THE ASSOCIATED PRESS

Wrinkle in Ravens attack?

The 49ers are preparing for Tyrod Taylor, too.

- While Flacco is a traditional pocket passer, Taylor is just as likely to scoot downfield as throw the ball.
- He ran for 65 yards in that game against the Bengals, and at Virginia Tech he set a school record for rushing yards by a quarterback (2,196).

Baltimore Ravens backup quarterback Tyrod Taylor runs with the ball against the Cincinnati Bengals Dec. 30 in Cincinnati. ANDY LYONS/GETTY IMAGES

Franchise player?

Expiring contract no worry for Flacco

Joe Flacco's expiring contract doesn't seem to concern anyone with the Baltimore Ravens, including the quarterback himself.

Flacco practically shrugged Thursday when asked about potentially being a free agent after the Super Bowl. The fifth-year pro and only quarterback to win a playoff game in each of his first five seasons could not reach a deal with the team before 2012 kicked off. He could be on the market in March, although the Ravens could franchise-tag him at about $14.6 million US for next year. THE ASSOCIATED PRESS

'Operation Red Zone'

Officials nab phony merch

Investigators have confiscated more than $13.6 million US worth of phoney sports merchandise over the past five months and expect to seize more in New Orleans during Super Bowl week, a federal law-enforcement official said Thursday.

U.S. Immigration and Customs Enforcement director John Morton said authorities also have shut down more than 300 websites selling counterfeit goods as part of an enforcement effort dubbed "Operation Red Zone." THE ASSOCIATED PRESS

Performance enhancer

No HGH tests despite deal

Count Baltimore Ravens defensive end Arthur Jones among those NFL players who want the league and union to finally agree on a way to do blood testing for human-growth hormone.

"It would be fair to do blood testing," Jones said. "Hopefully they figure it out."

When the Ravens face the San Francisco 49ers in the Super Bowl on Sunday, two seasons will have come and gone without a single HGH test being administered, even though the league and the NFL Players Association paved the way for it in the 10-year collective-bargaining agreement they signed in August 2011.

Since then, the sides have haggled over various elements, primarily the union's insistence that it needs more information about the validity of a test that is used by Olympic sports and Major League Baseball. THE ASSOCIATED PRESS

Arthur Jones GETTY IMAGES

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Horoscopes

Aries
March 21 - April 20
You will do your reputation, and maybe your bank balance too, a heap of good today by doing something that takes friends and family by surprise. People expect you to think and act in certain ways — so prove them wrong.

Taurus
April 21 - May 21
Whatever you do and however you do it, people will applaud you for a job well done. Both at home and at work you are leading a charmed life at the moment. Make the most of it. You know it won't last!

Gemini
May 22 - June 21
What you dream of now will come true in the near future, so dream away to your heart's content. It may be that certain people are not taking you seriously but they will soon learn the error of their ways.

Cancer
June 22 - July 23
You may be tempted to treat life as a bit of a joke over the next 24 hours, and most likely you are right to do so. The things that other people get worked up about are not worth the time or effort.

Leo
July 24 - Aug. 23
Anything is possible if you want it enough. If you really, truly desire something you will find a way to get it. Keep that thought in mind not just today but throughout the coming month. And act on it.

Virgo
Aug. 24 - Sept. 23
You won't lack for self-belief today but watch out you don't get overly confident and make a mess of a task you could usually do with your eyes closed. You know what comes before a fall, don't you? Pride.

Libra
Sept. 24 - Oct. 23
Try to be a bit more cautious in your decisions today, especially if you are involved in a project that could cost you rather a lot if it goes wrong. Remember: There is no such thing as a sure thing.

Scorpio
Oct. 24 - Nov. 22
This looks like an excellent day for affairs of the heart. If there is someone you have been admiring from afar, now is the time to get up closer. Make contact and look for ways to spark a romance.

Sagittarius
Nov. 23 - Dec. 21
No matter how daunting the task that faces you today you will make a good job of it. The most important step is the first one, so stop worrying that you are out of your depth and get cracking.

Capricorn
Dec. 22 - Jan. 20
Don't push yourself too hard today. Jupiter, planet of excess, is now moving forwards again through the wellbeing area of your chart, so you may be tempted to do something rash. You'll regret it in the morning.

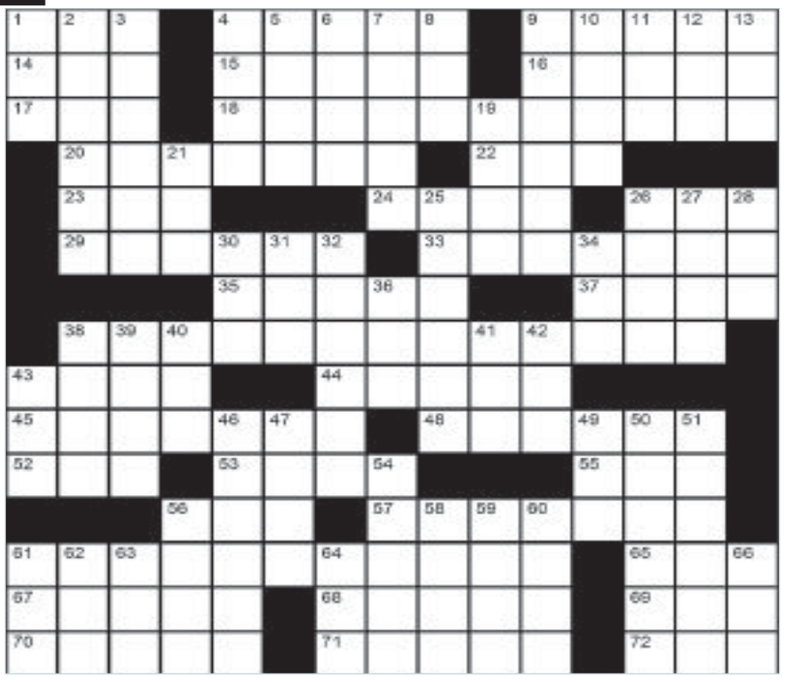
Aquarius
Jan. 21 - Feb. 19
Your task for the day is to help others — not just friends and family but people you meet out in the world as well. The best way to help, as always, is to lead by example. No one does it better than you.

Pisces
Feb. 20 - March 20
It's OK to have fun — in fact it's essential — but don't go overboard and forget that you still have chores to finish and duties to fulfill. The harder you work now, the happier your weekend will be.

SALLY BROMPTON

Crossword: Canada Across and Down

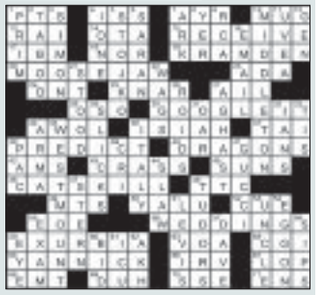
BY KELLY ANN BUCHANAN



Across
1. On the 3rd of __., 1959 - The Day the Music Died
4. "La __" by Ritchie Valens
9. "Raining in My __" by Buddy Holly
14. Card deck symbol
15. Distant
16. __-Loompa
17. Fluffy scarf
18. The art of DJ-ing as music performance
20. Plotted
22. Acronym for time as yet unknown
23. The __ (Sault Ste. Marie's nickname)
24. Wrapped garment
26. Soft & __ (Antiperspirant brand)
29. Habituates to hardship [var. sp.]
33. Did this " "
35. .pdf files program, __ Acrobat
37. Car trip stopovers
38. 1958 hit for The Big Bopper: 2 wds.
43. Trompe l'__ (Visual illusion)
44. Heighten
45. Winnipeg intersection, __ and Main
48. Some antelopes
52. The Waste Land poet's monogram
53. Born and __
55. "Phooey!"
56. Commerce grad's letters
57. Gordon Lightfoot's birthplace in Ontario
61. Northwest Territories capital
65. Sob
67. Characteristic
68. Actress Anna
69. Supplement
70. Swiped card
71. Movie reviewers, e.g.
72. Serpent's sound

Down
1. __ Four (Beatles)
2. Nouvelle-__ = Nova Scotia
3. Lighthouse
4. Diminish
5. Grad
6. Extra
7. Glues
8. Toward the ship's stern
9. The __ = Bilbo Baggins
10. Orlando's Lake __
11. Pierre's friend
12. Fast rotation meas.
13. Scottish hat
19. Bell town in a Longfellow poem
21. NBA's Rockets, on scoreboards
25. Antarctica penguin
26. Therefore: French
27. Celine's manager/hubby
28. Egos and __
30. Sprinted
31. Summer hrs. indicator
32. Evening party
34. Ms. Carrere
36. "Yeck."
38. Prezzes
39. Contract
40. Supermodel Carol
41. Fashionable monogram
42. Ms. Michele of "Glee"
43. Select
46. First Canadian-born Prime Minister, John __
47. 'Mc' add-on (Dr. Phil's last name)
49. Patriots org.
50. Frees from frost
51. Jets rivals in "West Side Story"
54. Teutonic thunder god
56. Old Rome's 1052
58. Rihanna's nickname
59. "__ ain't broke...": 2 wds.
60. Fewer
61. Since Jan. 1st on a financial rpt.
62. Poetically before
63. Popular li'l dog
64. The Col.'s eatery
66. Oui's meaning

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3	5				2
7		6		4		5		
					1			4
	7	2	6	9		1		
		9				6		
		4		8	5	7	2	
6			8					
		7		6		4		3
5				3	9			

Yesterday's Sudoku

5	7	8	1	2	3	4	9	6
3	6	1	7	9	4	5	2	8
9	2	4	6	5	8	7	3	1
8	4	9	3	7	1	6	5	2
3	8	2	9	6	5	1	7	4
1	5	7	4	8	2	9	6	3
6	3	5	8	1	9	2	4	7
4	9	6	5	3	7	8	1	5
7	1	5	2	4	6	3	8	9

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The "Red Neck" Corner

Red Neck Photo of the Week

Red Neck Trike

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"YOU ARE ONLY 20 MINS AWAY FROM SAVINGS!"

Patrick Taylor

Jason Leuszler

Red Neck Joke of the Week

You are a red neck if...

You've ever shot a deer from inside your house

T	N	T	R	A	C	T	O	R	D	E	K	A	C
K	S	P	P	B	A	L	L	O	O	N	S	A	F
J	I	P	D	I	R	E	C	T	I	O	N	S	Q
W	D	E	I	S	O	C	C	E	R	T	L	N	N
S	N	O	I	T	A	L	L	E	T	S	N	O	C
C	S	C	N	C	O	M	E	T	Z	M	N	H	H
B	W	C	O	H	K	F	Z	H	W	W	C	B	O
U	D	I	I	O	X	M	S	E	R	O	M	S	S
R	I	T	T	U	K	M	P	A	R	T	Y	N	T
R	C	P	A	F	R	I	E	D	E	G	G	S	S
H	R	Y	R	J	F	I	N	S	J	V	L	K	E
H	V	T	B	C	Z	U	A	G	S	Z	F	I	U
X	S	H	E	L	R	B	D	D	N	O	R	S	G
E	H	T	L	Q	H	A	C	Q	H	X	Q	P	W
F	D	G	E	G	N	I	C	H	A	D	R	A	E
D	W	Q	C	E	N	C	I	E	U	H	D	M	C

Bacon
Balloons
Cake
Celebration
Comet
Constellations
Cooking
Dancing
Directions
Fried Eggs
Guests
Hitch
Maps
Music
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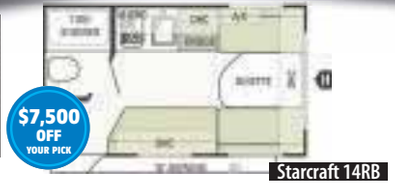

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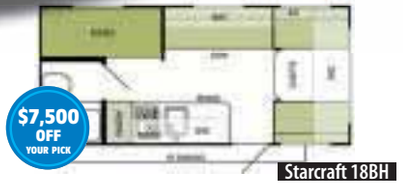

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